

Shoulder Stretch

Place your left hand on your right knee and your right hand on your left knee. Slowly open your knees and allow your head to fall forward gently.



Shoulder Rolls

Breathe deeply and roll your shoulders up toward your ears. Exhale and release your shoulders down.



Palming

Rub your hands together rapidly to generate heat. Place your head in your hands with your eyes in your hands. Relax!



Ear Rub

Rub your ear lobes. Move up and down the ear and be aware of the tension releasing as you rub.



Circle Hands

Stop injury before it happens by circling your hands. Hold them out in front of you if you want to give your shoulders some toning.



Hand Shake

Release your worries by wringing your hands. Shake and tell yourself to let go!



Hand Rub

Give yourself a hand rub. Gently pull each finger and knead the palm as you breathe deeply.



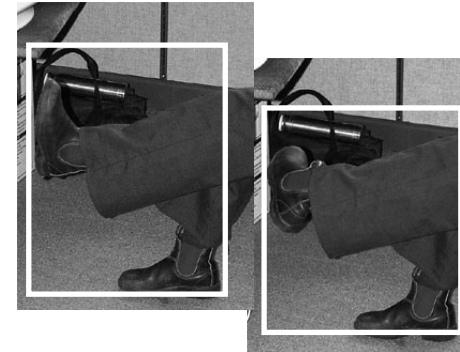
Heel Lifts

Breathe in and lift your heels off the floor. Breathe out and lower. Pay attention to your calves as they tighten and release.



Foot Rolls

Lift your leg and roll your foot slowly.



Cubicle Yoga



Introduction

Yoga means union. It is activity that incorporates the mind along with the body.

There are a few basics to remember before you start:

Breathe deeply as you move. Breathe in through your nose and out through your mouth. Take your time and become aware of your movement.

If there is a particular tense area of your body, breathe fully and release the tension. Remember, this is your practice and you should go at your own pace, but you should also practice regularly.

Instructions

Sit up straight with your feet flat on the floor. Take a moment to balance your entire body on your 'sit bones.' These are the bones that you feel if you sit on your hands.

Enjoy!

Forward Fold

Take a deep breath in and reach for the ceiling. Feel space between your rib cage separate from your pelvis. Breathe out and bend at your waist. Allow your chest to rest in your lap and your hands to fall forward. Repeat and be aware of the motion with each movement.



Seated Cobra

Take a deep breathe in and place your hands on the desk in front of you. Gently look up and flatten your back and open your chest. Breathe out and curl each vertebra into a C at stretch.



Cat Stretch

Breathe in deeply and as you exhale fully allow your head and neck to rest into your chest. Round your back and relax. This is great for flexibility in your back.



Wind Reliever

Take a deep breath in and sit up straight. (On your sit bones) As you breath in pull your knee into your chest, exhale and release your leg. Repeat on the other side.



Side Twist

Place your left hand on the desk and your right hand on the back of your chair. Open up your chest by twisting into your right shoulder and breathe out. Twist back to center and breathe in. Repeat on the other side.



Ear to Shoulder

Sit up straight and gently allow you ear to drop onto your shoulder. Breathe out as you release your head downward and breath in to bring your head and neck back in alignment. Repeat on the other side.



Infinity Stretch

Stay centered and take a deep breath. Keep your chin parallel with the floor and slowly move your head so that you draw an infinity sign with your chin.



Neck Flex

Clasp your fingers behind your head. Allow your head to rest in your hands and feel your chest open up. Slowly rotate your shoulders and arms and look to your right, then left. Keep your pelvis forward and breath out as you move.



Shoulder Shrugs

Feel like the weight of the world in on your shoulders? Take a deep breath and bring your shoulders up to your ears, tense and release as you exhale fully.

